Developmental Milestones

Children develop at different rates. Most children should achieve the milestones below. It is very important to find problems early so a child can be helped or treated. Please talk to a nurse or doctor if you are concerned about your child's development.

1 Month

turns head when lying on stomach
follows faces with eyes
responds to sounds by blinking or crying
enjoys being touched

18 Months

walks without help
scribbles
can say 10 or more words and point to own body parts
shows affection and plays with others

2 Months

lifts head 45 degrees when on stomach
no longer clenches fists
smiles and coos
recognizes caregiver

2 Years

can pick up a ball without falling and walk up and down stairs
makes strokes with a pencil
speaks in 2-3 word sentences and knows 20 words
uses a cup and spoon and can play "tag"

4 Months

rolls from back to side and controls head
tries to reach for objects with hands
smiles and squeals
enjoys looking at surroundings

3 Years

can jump in place and kick a ball
can copy a circle with a pencil or crayon
speaks in 3-4 word sentences
shares, takes turns, and plays "make believe"
weight gain of about 6 lbs during 3rd year

6 Months

sits with support
grasps and mouths objects
babbles sounds like "ba", "da", or "ma"
anticipates feeding, dressing, and bathing
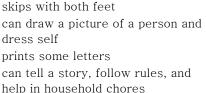has doubled birth weight

4 Years

can hop
buttons and unbuttons clothes
can sing a song and knows colors
prefers play with other children
weight gain of about 6 lbs during 4th year

9 Months

sits without support and crawls
feeds self with fingers
says "mama" or "dada"
enjoys "peek-a-boo"

5 Years

skips with both feet
can draw a picture of a person and dress self
prints some letters
can tell a story, follow rules, and help in household chores

12 Months

pulls self to standing and can walk with support
points and bangs toys together
says "bye-bye" or "uh-oh"
comes when called
has tripled birth weight

Teeth

Teeth are very important to a child's health. A child should visit a dentist by his or her **first** birthday. Brush your child's teeth twice a day, everyday, and floss between teeth that touch once a day.

If you need health insurance or no cost health exams for your children, please call:

1-800-675-2229

County of San Diego Child Health and Disability Prevention (CHDP) Program